

Grant Amount Requested: \$ 5,000



Date and Time Stamp  
Received  
FEB 7 2020  
Grants Administration  
Grants Administration  
(Do Not Write in This Box)  
15

**2019-2020 PUBLIC SERVICE GRANT APPLICATION**

Organization Legal Name: Pace Center for Girls Treasure Coast

Mailing Address: 3651 Virginia Ave. Fort Pierce FL 34981

Physical Address: 3651 Virginia Ave. Fort Pierce FL 34981

**Contact Person:** Maygan Johnson Title: Executive Director

BEST CONTACT Phone Number: 772-595-8880 x8805

Email Address: Maygan.Johnson@pacecenter.org

Website Address: www.pacecenter.org

**LEGAL STATUS OF ORGANIZATION:**

( ) Incorporated, Not-for-Profit - Month and Year of incorporation/creation: Feb 1984

INCLUDE COPY OF CURRENT 501(c)(3) DOCUMENTATION FROM INTERNAL REVENUE SERVICE.

**Person Authorized to Sign on Behalf of this Organization. Signature Must Be Notarized.**

Maygan Johnson Today's Date: 2/7/2020  
Signature

Print Name: Maygan Johnson Title: Executive Director

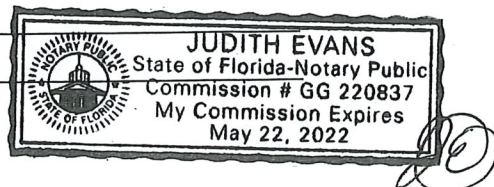
Telephone Number: 772-595-8880 X8805 Email Address: Maygan.johnson@pacecenter.org

**NOTARY** STATE OF FLORIDA, COUNTY OF ST. LUCIE

BEFORE ME, an officer duly authorized by law to administer oaths and take acknowledgements, personally appeared Maygan Johnson, who is personally known to me or produced \_\_\_\_\_, as identification, and acknowledged he/she executed the forgoing Agreement for the use and purposes mentioned in it and that the instrument is his/her act and deed.

IN WITNESS OF THE FORGOING, I have set my hand and official seal in the State and County aforesaid in this 7th day of February, 20 20.

NOTARY PUBLIC  
My Commission Expires:



PLEASE SUBMIT AN ORIGINAL APPLICATION AND 7 COPIES Attach additional pages, as necessary.



## 2019-2020 PUBLIC SERVICE GRANT APPLICATION

PLEASE PRINT NEATLY OR TYPE YOUR ANSWERS TO THE QUESTIONS IN THIS APPLICATION.

1. Describe your organization and list your Mission Statement.

Pace Center for Girls, Inc. (Pace) is a safe and supportive academic and counseling program for girls ages 11-17. In St. Lucie county, Pace Treasure Coast offers individualized counseling, case management, middle and high school academic classes, along with job and life skills development. Pace positively transforms the lives of vulnerable girls and young women by addressing past trauma and supporting academic success and social-emotional learning.

Pace's mission is to provide girls and young women an opportunity for a better future through education, counseling, training and advocacy. Pace values all girls by believing each one deserves an opportunity to find her voice, achieve her potential, and celebrate her life defined by responsibility, dignity, serenity and grace. By strengthening protective factors, we believe girls can empower themselves and improve future generations to come. All our services are guided by our foundational pillars – to provide gender-responsive, trauma-informed, and strength-based care.

2. Describe your organization's history and prior experience, including a description of programs/projects similar to the one you are applying for in this application.

Pace Center for Girls (Pace) provides an alternative to school suspension and is leading the way through innovative teaching models and a data driven approach to social and emotional learning. Pace is a not-for-profit 501(c)3 corporation founded in 1985 in Jacksonville. Guided by research-based recommendations that called for gender responsive programming, Pace designed a model to meet the unique needs of adolescent at-risk girls, reduce risky behaviors, increase school success, combat health and mental health issues, enhance family relationships, and prevent juvenile justice involvement. Each year, the 21 Pace Centers across Florida work with more than 3,000 adolescent girls at risk of dropping out of school, becoming victims or perpetrators of violence, or becoming involved with the juvenile justice system.

In 1998, Pace Treasure Coast was founded in Fort Pierce. Pace Treasure Coast has grown to serve approximately 90 girls each year. Pace is a non-residential, gender-specific program for girls throughout St. Lucie County, ages 11 to 17, who are experiencing difficulty or conflict in school or at home. Pace Treasure Coast helps girls who are failing in school, struggling with histories of abuse, combatting unhealthy relationships, and facing a wide range of other serious risks by introducing hope, love, and change into their lives. Pace Treasure Coast allows girls to quickly show development in their social and emotional attitudes and behaviors and this transformation results in positive long-term academic, professional, social, and behavioral health outcomes.

We continuously look for ways for girls to constructively harness their energy, build their skills and confidence, increase their curiosity, and advocate for themselves. Girls have participated in hands-on learning, field-trips, family engaged activities, science experiments, enrichment activities including Performance Arts Club and learning how to play golf in partnership with First Tee of the Treasure Coast. All Pace services offered incorporate preventative alternative and therapeutic intervention.



3. List all previous grants awarded by the City of Fort Pierce to YOU or any organization(s) you were previously or are currently associated with. If None, write N/A below:

Program Year      Amount              Purpose

2018-19

2017-18

2016-17

Please Note: Organizations/Applicants who have received funding for three consecutive years may be deferred in order to provide funding for newer activities.

N/A

4. If you have received funding from the City of Fort Pierce for Public Service projects in the past, please explain HOW the program/project described in this grant application is NEW OR EXPANDED:

N/A

5. What is your organization's annual budget? Describe how your organization is currently funded.

Pace Treasure Coast's annual budget is about \$1,275,000. Pace benefits from diverse sources of public and private funding including a line-item appropriation in Florida's state budget through the Florida Department of Juvenile Justice and per student funding from local school districts.

6. Do the City of Fort Pierce and/other local organizations in Fort Pierce provide services similar to your agency? If you answered Yes, how do your services compliment their offerings? If yes, explain. How are your services different?

Although there are many organizations that implement similar best practice models that Pace employs like trauma informed care and social emotional learning there is no current agency that serves as an alternative school providing wrap around counseling services for girls. Pace currently gets referrals from the St. Lucie County Juvenile Detention Center, St. Lucie School District, institutions serving behavior healthcare needs and other community partners via word of mouth.

7. Project Name (please keep it short): Summer in Motion

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Department of Housing and Urban Development (HUD) 2019 Income Limits								
Number of People Living in Household	1	2	3	4	5	6	7	8
Extremely Low Income	13,550	16,910	21,330	25,750	30,170	34,590	39,010	42,550
Very Low Income	22,550	25,800	29,000	32,200	34,800	37,400	39,950	42,550
Low Income	36,050	41,200	46,350	51,500	55,650	59,750	63,900	68,000

8. U.S. Dept. of Housing & Urban Development (HUD) National Objective Activities: (check one)
- Area benefit** activity (the activity benefits/is open to everyone in a particular low-income neighborhood or geography)
  - Limited Clientele** activity (particular individuals or households receive a benefit, and the majority of them qualify as low income)
  - Presumed Benefit** activity (the activity benefits a group of individuals presumed by HUD to qualify for a benefit: battered spouses, homeless, elderly, severely disabled adults, abused children, illiterate adults, persons with HIV/AIDS, or migrant farm workers)

9. Which National Objective(s) shown below does your project/program(s) meet?
- Benefit low to moderate-income persons.
  - Help in the prevention of slums or blight; and/or
  - Meet other community needs having a particular urgency because other financial resources are not available to meet such needs.

10. Beneficiaries from National Objective Activities (#8 Above)

- A. Who are the intended beneficiaries of this program/project? Describe how the project will ensure that the intended beneficiaries are being served and the target population will be reached, including how beneficiaries are identified, and any outreach performed:

Pace's *Summer in Motion* will serve up to 56 unduplicated girls ages 11-18 from low- income and ALICE families residing in St. Lucie County and attending Pace Center for Girls in Fort Pierce. This target population represents diverse, underserved, and minority girls, inclusive of LGBTQ youth, who demonstrate high risk behaviors that generally facilitate their involvement with the delinquency and/or dependency systems. During the 2019 Fiscal Year, girls were referred to Pace for the following reasons: **63%** of the girls were failing one or more classes, **59%** were suspended and **22%** were expelled from school, **26%** engaged in substance use, and **18%** were involved with the juvenile justice system.

When a referral is received from a community partner, family member, caregiver, peer, or self-selected, Pace staff members contact the responsible parties to explain the program and get information to ensure the girl meets criteria for services. Criteria include: the girl is exteriorizing behaviors with at least 3 risk factors associated with increased likelihood of delinquency and the girl are between 11-17 years old. If the girl meets criteria for referral, Pace staff members will schedule a screening meeting.

- B. If the project will provide an "Area Benefit", please clearly define the geographic area to be served by the proposed activity. Include a map, if necessary.

N/A



- C. If the project will benefit “**Limited Clientele**”, list the approximate number and percentage of total persons assisted through this project/program who will be Low to Moderate Income (LMI) and how their income level will be determined.

100% off the population served will be Low to Moderate Income. All enrolled girls Qualify for Free lunch upon attending Pace Center for Girls.

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- D. If a project will provide a “**Presumed Benefit**”, please identify the group(s):

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> Abused Children    | <input type="checkbox"/> Illiterate Adults                |
| <input type="checkbox"/> Lower Income Senior Citizens  | <input type="checkbox"/> Migrant Farm Workers             |
| <input type="checkbox"/> Elderly                       | <input type="checkbox"/> Persons with HIV/AIDS            |
| <input type="checkbox"/> Homeless                      | <input type="checkbox"/> Severely Disabled Adults         |
| <input checked="" type="checkbox"/> Lower Income Youth | <input type="checkbox"/> Severely Disabled Children/Youth |
| <input type="checkbox"/> Other _____                   |   |

11. Describe the existing problems or needs to be addressed by this program/project.

Girls who attend Pace do so voluntarily. As a year round program we have identified a strong need to establish attractive and innovative programming during the summer months to keep girls engaged and consistently coming to the center. One of the primary concerns voiced by our girls was the lack of physical fitness opportunities.

The percentage of obese children in St. Lucie County has grown dramatically in the last decade. According to the state Health Department (2016), 22% of children ages 6-11 in the county, 19% of children entering first grade and 27% of sixth graders are already obese. The consequences of obesity during childhood are well known and include high blood pressure, high cholesterol, Type 2 diabetes and issues in school.

Our goal is to provide several strategic physical fitness opportunities that will engage girls mind, body and soul and promote living an overall healthy lifestyle. The addition of this programming and fun outdoor activities will also increase overall average daily attendance over the summer months.

12. Describe your proposed project’s activities and how they will address the problems/needs you listed in #11 above.

We are requesting \$5,000 from the City of Fort Pierce to support Pace’s Summer in Motion initiative to provide outdoor activities and physical fitness including dance, yoga, and mindfulness somatic intervention over the summer. The movement arts, (dance and yoga), are a key program feature as research demonstrates positive results in girls’ confidence and development.

## Dance

Programming would include dance instruction, exercise, training, coaching, and performance activities. Dance not only strengthens girls physically, emotionally, and developmentally, but research shows it can also help improve girls' academic success in science, technology, engineering, and mathematics. Studies indicate that dance activities offer girls a way to constructively assert themselves, harness their energy, build their skills and confidence, strengthen their camaraderie, realize a sense of accomplishment, and enhance their self-esteem. Dance with adolescent girls improved discipline, concentration, and confidence in 92%, increased healthy emotional release and stress management in 88%, and enhanced self-esteems and self-worth in 77% (Vicariot & Chambliss, 2001).

## Trauma-Sensitive Yoga and Somatic Interventions

Yoga poses, regulated and focused breathing, mediation, and other mindfulness somatic interventions have been proven effective with girls who have experienced disproportionately high rate of severe or chronic trauma (Office of Juvenile Justice and Delinquency Prevention, 2018). Trauma-sensitive yoga and mindfulness somatic interventions promote girls' trauma resolution and overall well-being. These activities, which have real-world application, improve awareness and acceptance and positively influence healthy emotional, interpersonal, and spiritual development, regulation, and well-being. Furthermore, published study findings from Harvard Medical School, Yale, and UCLA all provide data supporting the benefits of yoga, meditation, and mindfulness practices, including strengthening the brain region governing learning and memory.

13. List the physical addresses where your proposed project activities (listed in #12 above) will take place. Use street addresses within the City limits of Fort Pierce.

3651 Virginia Ave. Fort Pierce FL 34981

14. List this project's measurable goals and objectives, as well as the date(s) when each will be met.

- 1) Increase average daily attendance during the summer months. (Average Daily Attendance per month for grant fiscal year against previous year's numbers)
- 2) All enrolled students will participate in at least one physical fitness program or attend a minimum of two field trips by August 2020.
- 3) Girls will achieve a basic understanding of mental health symptoms and diagnoses to improve growth and understanding of themselves and others by August 2020.
- 4) Girls will gain tools to manage stress and reduce or eliminate mental health symptoms through yoga and mindfulness techniques in a trauma informed format by August 2020
- 5) Girls will be able to create their own yoga class to meet their specific physical and emotional needs that they will be able to utilize to increase physical, emotional and behavioral health in the long term by August 2020

15. How will you track the results of these goals and objectives? (This information will be required with your monthly status reports.)

We use Pace Impacts, a secure, cloud-based and HIPPA compliant application to gather and monitor data for performance management. We track attendance daily. Program participation and field trips will be monitored and tracked via sign in sheets.

Pre and posttest/ surveys will be administered.

Girls will be able to demonstrate tools they have gained to manage stress via focus groups.

Girls participating in yoga will showcase the class they created.

Girls participating in dance will participate in at least one performance.



16. Briefly describe measurements of outcomes for each of the activities listed in #12. (Examples - number of unduplicated low/moderate income youth served, number of unduplicated senior citizens served, number of unduplicated Veterans served, number of unduplicated adults served, etc.)

Our target number of girls to serve would be relative to the number of girls currently served at our center. At this time there are 53 students enrolled.

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17. Amount of Grant Funds requested in this application: \$5,000  
Amount of other funds secured for this program/project: \$2,000  
Amount of other funds earmarked for the program/project: \$2,000  
Total amount needed to complete this program/project: \$7,000

18. Describe your contingency plan in the event this grant request is not fully funded, or not funded at all by the City of Fort Pierce:

If we are unable to receive funds we will be unable to purchase vital program equipment to reach the expected outcomes. If we receive less than requested we may have to reduce the amount of girls that can be serviced by the grant.

19. If this is a multi-year project, how will you continue to implement this project if City grant funds are not available in future years?

This project is currently not a multi-year project. However, should we continue in future years and City grant funds are not available we will engage in resource development efforts. This includes obtaining funds from businesses and individual donors, special events fundraising and applying for other grant opportunities.

20. Select every qualifier below that best describes your project.

- Improve or enhance education opportunities
- Improve or enhance job training opportunities
- Improve or enhance employment opportunities
- Promote cultural diversity
- Promote outdoor activities and a healthy lifestyle
- Spur interest and participation in neighborhood improvement activities
- Encourage citizen involvement and leverage resources to revitalize low and moderate-income neighborhoods
- Encourage partnerships between City Hall, residents and other community organizations that will result in projects and activities that benefit a community
- Instill and foster community pride



- Promote neighborhood beautification and revitalization
- Promote activities that protect the environment
- Discourage adverse activity such as crime, drug use, and vandalism
- Inspire and support the healthy development of youth

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21. Write an explanation below of **how** your project will perform **each** qualifier you selected above:

Reviewers of both state and federal juvenile justice programs have indicated Pace as the most consistently successful prevention and intervention program funded by the Florida Department of Juvenile Justice while the Federal Office of Juvenile Justice and Delinquency Prevention (OJJDP) considers Pace a “best practice promising model” nationally.

Pace’s programming integrates social-emotional learning and academics throughout service implementation. The holistic nature of the Pace program is rooted in an understanding that educational attainment is key to keeping girls out of the juvenile justice system and breaking cycles of poverty and trauma. The model recognizes a strong link between school failure and traumatic experiences or toxic stress and, as a result, connects academic preparation and educational attainment with social-emotional interventions from its inception. The overarching goal of the model is to support a healthy academic experience by addressing the root causes of trauma, implementing social-emotional interventions that are gender-responsive, trauma-informed and strength-based to address the underlying cause of the behavior and reinforce pro-social behaviors among adolescent girls. Additional outdoor activities and physical fitness programs will further strengthen our core program. Restorative yoga specifically targets the central nervous system and is especially helpful for trauma.

22. Date project to begin:                    May 2020  
Date project to be completed:        August 2020

23. Describe any participant fees that will be required as part of this project/program. Please see “New for Program Year 2019-2020” on Page 4 of the Grant Guidance.

There will be no fees associated with this project passed on to members or families.

24. Applicants must demonstrate that the selection of participants is an objective process and Grant Recipient may not limit participation on the basis of race, gender, nationality, ethnicity, religion, creed, or disability. How will your project comply with this expectation?

All youth enrolled at Pace will have the opportunity to participate in the Summer in Motion program. Pace acknowledges that diversity is an institutional value crucial to the success. We commit ourselves to work diligently and continually toward the goal of unconditional respect towards all our constituencies. We embrace our employees’ and participants’ differences in age, color, disability, ethnicity, family or marital status, gender identity including LGBTQ youth, language, national origin, physical and mental ability, political affiliation, race, religion, sexual orientation, socio-economic status, veteran status, and other characteristics that make our employees, our board, and our communities unique.

25. If this project is sponsored by a church or religious group, participation may not be limited to members of the church. What efforts will you make to ensure that the community at-large is aware of this project and the opportunity for participation?

N/A



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26. Provide a COMPLETE, detailed budget for **THIS** project in the budget chart below. List proposed City grant funds and other committed funds and 'in-kind contributions', donated professional services, fees and other resources that will be used to complete the project. List a detailed breakdown of individual items. Use specific descriptions, not broad categories. Remember, committed funds and/or in-kind services **must equal at least 25% of your grant request**.

Be sure to include verification documentation of all funds listed below as 'Committed' or 'In-Kind'. Commitments listed in the budget below that lack documentation **will not be counted as commitments**.

**NOTE: Volunteer Hours may be calculated at \$12/hour.**

- o **Please provide at least one (1) quote for each item listed that you will purchase with this grant award** in the above Budget under 'Expense/Description'. Each quote should list vendor/company with contact information.

Program/Project Expense/Description	City Grant	Other Committed Funds and/or In-Kind \$\$ Amount or	Source of Other Committed Funds or In-Kind Services (Please provide written verification of <u>Every</u> in-kind service listed here from the "Source")
Outdoor Activities/ Field Trips Transportation, Admission, Supplies	3,000	\$1250	In Kind Services Rush Trampoline Park
Physical Fitness Programs Dancewear, Yoga Supplies	2,000	\$750	In Kind Services LL Counseling & Wellness, Individual Donor Gift
<b>TOTALS</b>	<b>\$ 5,000</b>	<b>\$2,000</b>	
(use more lines/pages as necessary)			



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27. Organization Staff and Volunteers

Please complete the information listed below for each person in your organization who will work on **THIS** project and the percentage of time they will dedicate to the project, including all volunteers.

Adrienne Huggins  
772-595-8880 X8814  
Adrienne.Huggins@pacecenter.org  
Program Director  
Port St. Lucie  
Master of Arts Counseling  
Administrator  
10%

Ashley Gilbert  
772-595-8880 X8824  
Ashley.Gilbert@pacecenter.org  
Social Service Coordinator  
Fort Pierce  
Master of Arts Counseling  
Facilitator  
30%

Megan Pack  
772-595-8880 X8823  
Megan.Pack@pacecenter.org  
Spirited Girls Counselor  
Fort Pierce  
Bachelor of Science in Human Services  
Facilitator  
20%

Jessica Drew  
772-595-8880 X8827  
Jessica.Drew@pacecenter.org  
Counselor  
Fort Pierce  
Bachelor of Science in Human Services  
Facilitator  
20%

Manual Rubio  
772-595-8880 X8806  
Many.rubio@pacecenter.org  
Counselor  
Fort Pierce  
Bachelor of Science in Human Services  
Facilitator  
20%

28. Please attach **ALL** of the documents listed below to your application. Include a written explanation for EACH document not included:

- Articles of Incorporation and By-Laws
- State and Federal Tax-Exempt determination letter
- Employee Identification Number
- List of Board of Directors with contact information
- Organizational Chart for your Organization
- Board of Director's authorization to apply for this grant
- Last three month's bank statements
- Annual budgets for 2019-2020
- Most recent audit report (if this is not available, provide written explanation)
- Matching funds and In-Kind Services commitment documentation (Budget, #26)
- Three (3) Letters of Support for this project
- Newspaper articles, and Thank-You letters, etc., as available, for your organization's work within the City of Fort Pierce.

**END OF 2019-2020 PUBLIC SERVICE GRANT APPLICATION**